

Supporting LGBTQ+ Young People's Emotional Health and Wellbeing

This training will support your learning and understanding of the issues facing LGBTQ+ young people.

It covers terminology and identity, as well as the ways in which mental health and wellbeing are impacted.

The training will provide tools for allies and practitioners to support LGBTQ+ young people.

Topics include:

- **Shame**
- **Coming Out**
- **Self Harm**
- **Validation**

“Great visuals, very inclusive and informative. Kept me engaged for 6 hours and wanting to learn and do more.”

The training can be tailored to your needs and can be 90 minutes, half day or full day sessions.

For more information email james.walklate@42ndstreet.org.uk

Supporting LGBTQ+ Young People's Emotional Health and Wellbeing

100%

of participants reported improved confidence in supporting children and young people as a result of the course

"The course gave a safe space for any concerns and i think the people who led the course were great

"So many practical tips that I'll be passing to the staff I work with"

"Amazing training! Fantastic delivery, very engaging, great activities, tricky topics handled sensitively and thoroughly."

"Excellent interactive training full of information"

"The host was amazing 100% would recommend"

"This training was great. It was well presented, informative and interactive, with plenty of time for discussion and sharing of ideas"

100%
of participants would recommend this course to others